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### Carol's Corner

## Utah Commission for Women & Families

The beauty of fall is always amazing to me. I love the changing seasons of Utah. This year we have been especially blessed with a long and extra gorgeous autumn.

As we approach winter, I look forward to once again viewing and experiencing another beautiful season.

Thanksgiving is the month that helps us focus on our many blessings and the goodness of life.

As women we have so many reasons to be thankful. We truly can make a difference in our homes, communities, state, and even nationally and internationally. But we each need to remember several important points:

\*There is a time and a season for all things.

\*We each have different interests, talents and abilities.

\*The glass is half full, NOT half empty.

\*Life is full of many opportunities and challenges—we have the choice to make the challenges into opportunities.

Let us all take time this season to remember all we have. How about taking the time to actually write a “gratitude” list. It is always amazing how long my list becomes.

And don't forget during this busy season TO PAMPER YOURSELVES. Bubble baths and candles work great for me.

Since the very busy holiday season is upon us, I wanted to share with you the following:

#### I AM THE ANSWER

“You do not need to be loved, not at the cost of yourself. The single relationship that is truly central in a life is the relationship with yourself. It is rewarding to find someone you like, but essential to like yourself. It is quickening to recognize that someone is a good and decent human being, but it is indispensable to view your own self that way. It is a delight to discover people who are worthy of respect, admiration and love, but it is vital to believe yourself deserving of respect, admiration and love. For you cannot live in someone else. Of all the people that you will ever know in a lifetime, you are the only one that you will never lose or leave.

To the question of your life, you are the answer; and to the problems of your life, you are the solution.”

Author Unknown

Another of the many things we need to be thankful for is the right to vote. The election is over. We now need to focus our attention on our newly elected officials and support them—even if we did not support them. The majority has spoken and we need to get behind them with our support, no matter what our political affiliation might be.

Now go forward and enjoy the wonderful holiday season with a new resolve to take time to ENJOY the beauties and magic of the season. And remember:

“Never let the fear of striking out keep you from playing the game.”



“If you want to be a leader, you need to hold out your hand and offer to teach others what you know.”

Thurl Bailey

*Carol Walker is the Executive Director for the Utah Commission For Women & Families. The commission's purpose is to*

*advise and confer with the governor, legislators, and state agencies concerning issues of importance to women and families in Utah. For more information, contact Carol Walker, 801.526.9281, carolwalker@utah.gov, or visit our website: [www.governor.utah.gov/women](http://www.governor.utah.gov/women).*

